

Szechuan Eggplant with Beyond Meat

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF ANDREW URBANETTI

Servings: 8 Serving Size: 8 fluid ounces

Ingredients	Quantity	Measure
Eggplant, cut to 1" dice	8	cups
Cornstarch	½	cup
Onion, small dice	2	cups
Garlic cloves, chopped	12	each
Ginger, chopped fine	⅓	each
Beyond Meat Crumbles	½	pound
Soy sauce	½	cup
Rice vinegar	4	tablespoons
Mirin	4	tablespoons
Honey	4	tablespoons
Szechuan peppercorns	2	teaspoons
Scallions	1	cup
Canola Oil	½	cup

Preparation

1. Toss eggplant with cornstarch.
2. Heat oil in a pan until shimmering; add eggplant and brown off in batches. Remove from pan and let drain.
3. Add Beyond Meat and cook until browned; remove and set aside.
4. Add small amount of oil back to pan, and add onions, garlic, and ginger. Cook over low heat until soft.
5. Add soy sauce, rice vinegar, mirin, honey, and peppercorns, and cook over high heat until reduced and thickened.
6. Add Beyond Meat, eggplant, and scallions to pan, and toss to coat and heat through; serve.

Nutrition Information

 *From USDA Nutrient Database

Calories: 316 Total Fat: 15g Saturated Fat: 1.2g Trans Fat: 0g Cholesterol: 0mg Sodium: 1082mg
Carbohydrate: 36.4g Fiber: 4g Sugar: 18g Protein: 8g